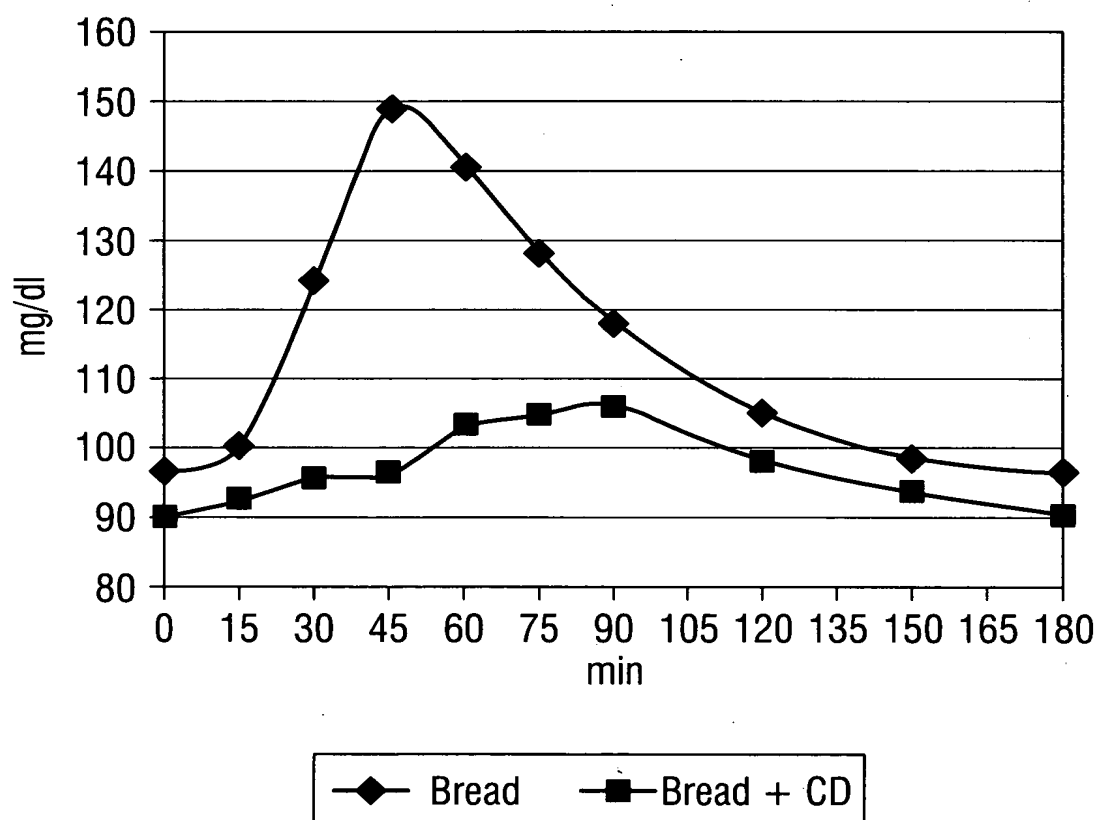


**Fig. 1** Blood glucose concentrations after intake of white bread with and without  $\alpha$ -CD



**Fig. 2** Blood insulin concentrations after intake of white bread with and without  $\alpha$ -CD

